



## APPLE-CHERRY JUICE, UNSWEETENED, CANNED

Date: April 2009 Code: A276

### PRODUCT DESCRIPTION

- Canned unsweetened apple-cherry juice is 100% juice with no artificial colors, flavors, or added sugar or sweeteners.
- Apple-cherry juice has added ascorbic acid (vitamin C).

### PACK/YIELD

- Apple-cherry juice is packed in 46 ounce cans, which is about 11 servings (½ cup each).

### STORAGE

- Store unopened cans in a cool, clean, dry place.
- Store remaining juice in a tightly covered container not made from metal and refrigerate.
- Look at the “Best if used by” or “Best by” date on the can.
- For further guidance on how to store and maintain USDA Foods, please visit the FDD Web site at:  
<http://www.fns.usda.gov/fdd/facts/biubguidance.htm>.

### USES AND TIPS

- Apple-cherry juice can be served as a beverage, chilled on its own or used as a base for punch.
- Mix ½ cup juice with ½ cup seltzer or sparkling water to make a sweet fruity beverage.
- Mix apple-cherry juice with yogurt, fruit, and ice for an easy smoothie.

### NUTRITION INFORMATION

- ½ cup of apple-cherry juice is equal to ½ cup in the MyPyramid.gov Fruit Group. For a 2,000-calorie diet, the daily recommendation is about 2 cups.
- ½ cup of apple-cherry juice provides 50% of the recommended daily amount of vitamin C.

### FOOD SAFETY INFORMATION

- If the can is leaking or the ends are bulging, **throw it away**.
- If the canned food has a bad odor, or liquid spurts out when it is opened, **throw it away**.

### OTHER RESOURCES

- [www.nutrition.gov](http://www.nutrition.gov)
- [www.commodityfoods.usda.gov](http://www.commodityfoods.usda.gov)

### NUTRITION FACTS

Serving size: ½ cup (4oz) canned apple-cherry juice

Amount Per Serving			
<b>Calories</b>	60	<b>Calories from Fat</b>	0
<b>% Daily Value*</b>			
<b>Total Fat</b> 0g			<b>0%</b>
Saturated Fat 0g			<b>0%</b>
Trans Fat 0g			
<b>Cholesterol</b> 0mg			<b>0%</b>
<b>Sodium</b> 5mg			<b>0%</b>
<b>Total Carbohydrate</b> 16g			<b>5%</b>
Dietary Fiber 0g			<b>0%</b>
Sugars 16g			
<b>Protein</b> 0g			
Vitamin A 0%		Vitamin C 50%	
Calcium 1%		Iron 0%	

\*Percent Daily Values are based on a 2,000 calorie diet.

## APPLE-CHERRY CINNAMON OATMEAL

**MAKES 2 SERVINGS**

### Ingredients

- 1 cup water
- ¼ cup apple-cherry juice
- 1 small apple, peeled, center removed, and chopped
- ⅔ cup old fashioned oatmeal
- 1 teaspoon ground cinnamon
- 1 cup 1% low-fat milk

### Directions

1. Combine water, apple-cherry juice, and apple in a small saucepan.
2. Bring to a boil over high heat; stir in the oatmeal and cinnamon.
3. Return to a boil, then reduce heat to low and cook until thick, about 2 minutes.
4. Spoon oatmeal into 2 bowls. Pour ½ cup milk over each serving.

Nutrition Information for 1 serving of Apple-Cherry Cinnamon Oatmeal					
<b>Calories</b>	190	<b>Cholesterol</b>	5 mg	<b>Sugar</b>	15 g
<b>Calories from Fat</b>	30	<b>Sodium</b>	60 mg	<b>Protein</b>	9 g
<b>Total Fat</b>	3 g	<b>Total Carbohydrate</b>	35 g	<b>Vitamin A</b>	70 RAE
<b>Saturated Fat</b>	1 g	<b>Dietary Fiber</b>	4 g	<b>Vitamin C</b>	20 mg
				<b>Calcium</b>	170 mg
				<b>Iron</b>	1 mg

*Recipe adapted from SNAP-ED Connection Recipe Finder, <http://recipefinder.nal.usda.gov>.*

## HOT APPLE-CHERRY CIDER

**MAKES 8 SERVINGS**

### Ingredients

- 8 cups apple-cherry juice
- ¼ cup sugar
- ½ teaspoon cinnamon
- ½ orange, sliced

### Directions

1. Combine all ingredients in a medium saucepan.
2. Bring to a boil, reduce the heat, and cook for 5-10 minutes.
3. Remove from heat. Serve hot.

Nutrition Information for 1 serving of Hot Apple-Cherry Cider					
<b>Calories</b>	130	<b>Cholesterol</b>	0 mg	<b>Sugar</b>	29 g
<b>Calories from Fat</b>	5	<b>Sodium</b>	10 mg	<b>Protein</b>	0 g
<b>Total Fat</b>	1 g	<b>Total Carbohydrate</b>	32 g	<b>Vitamin A</b>	0 RAE
<b>Saturated Fat</b>	0 g	<b>Dietary Fiber</b>	1 g	<b>Vitamin C</b>	150 mg
				<b>Calcium</b>	20 mg
				<b>Iron</b>	2 mg

*Recipe adapted from The Michigan Apple Committee.*